

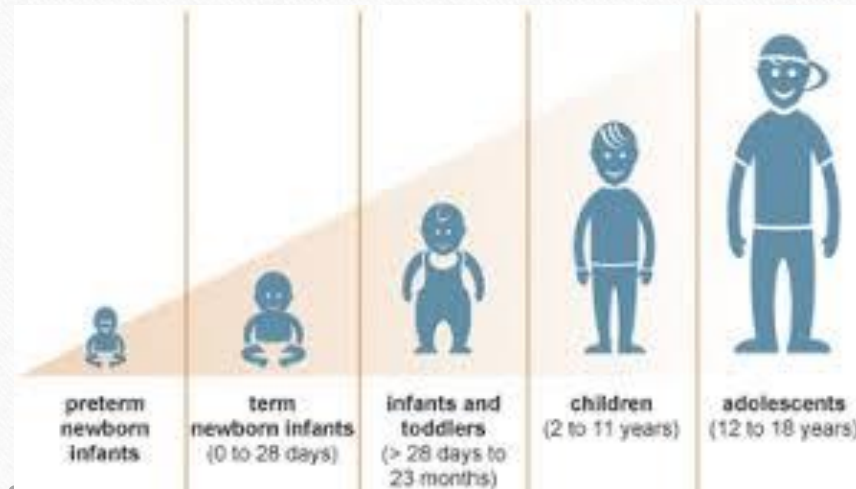
Title – Physical development through childhood

Activity:

In your own words write at least 5 ways that a child would develop physically through childhood

Are you ready to learn?

Books, planner and Pens out ready to learn .



Stretch it:

Write a sentence about what factors might affect the development that takes place in childhood (e.g. diet)

Complete in Silence Please

Big Question: What is the physical development that takes places during the childhood life stage?

To secure an understanding by identifying what physical development means during childhood.

To further develop an understanding by explaining what type physical development takes place through childhood and how it is measured.

To achieve excellence by applying knowledge to a case study.



*Physical
Milestones*

Physical development across childhood

Physical development

- **Growth** is part of physical development
- **Development** is part of physical development (but also intellectual, emotional and social)

Early childhood (3-8 yrs)

- Gross and fine motor skills continue to develop during early childhood.
- See next page

age	Gross motor skills develop	Fine motor skills develop
3-4 years	Walk backwards & sideways. Ride a tricycle. Climb stairs with one foot on each step. Kick a ball	Control a pencil using thumb & first two fingers. Cut paper with scissors. Do & un-do buttons. Turn pages of a book
4-5 years	Can balance & walk along a line. Stand, walk & run on tiptoe. May be able to hop on one foot	Hold & use pen in adult fashion. Thread beads on a lace
5-6 years	Hop forward on each foot separately. Good co-ordination. Increased agility. Skip	Good pencil control. Use a knife & fork
6-7 years	Confidently jumps. Gaining in agility & running. Hop with balance. Ride a 2 wheeled bike	Write simple stories Write their first and last name
7-8 years	Hop on either leg Walk on a think line Control speed running & can swerve	Competent in writing skills Use a large needle to sew

Life stage – Children (3-8 years)

Physical development	Intellectual development	Emotional development	Social development

Life stage – Early childhood(3-8 years)

Physical development	Intellectual development	Emotional development	Social development
<p>Improved balance and coordination</p> <p>Improved fine-motor skills can now hold a crayon/pencil</p> <p>Develop more complex physical skills – catching & throwing, skipping, riding a bike</p> <p>Physical body shape changes and experience a growth spurt.</p>	<p>Use full sentences, can count and order events e.g. months of the year</p> <p>Learn by asking a lot of questions</p> <p>Using their imagination in role-play activities</p>	<p>Increased self-confidence</p> <p>Able to control their emotions better but still may have temper tantrums to get their own way</p>	<p>Development of cooperative play and learning to share</p> <p>Cooperate with others and can understand things from a different point of view</p> <p>Learn how to behave in relationships</p> <p>Have a number of friends and may have a best friend</p>